



POURfect Beaker

POURfect products are simply perfect - in the words of my good friend, Margaret! She calls this a handy-dandy measuring cup, because it is easier to see the point on the cup where the surface of the liquid lies.



Ingredients

- ◇ 1 Tbs. mayonnaise
- ◇ 1 1/2 Tbs. buttermilk
- ◇ 2 1/4 tsp. red wine vinegar
- ◇ 1/2 tsp. Dijon mustard
- ◇ Salt to taste
- ◇ Cayenne pepper - dash
- ◇ 2 oz. Roquefort cheese
- ◇ 1/4 cup walnut oil

Instructions

1. Whisk the mayonnaise, buttermilk, vinegar and mustard together in the POURfect measuring beaker.
2. Gradually whisk in the 1/4 cup of walnut oil and season with salt and cayenne.
3. Stir in the Roquefort cheese.

Notes



BAKED CRISPY WINGS

Football season is here and we all love wings! Frying is messy and not a great thing for you. I marinated these in buttermilk and hot sauce, coated in panko and “oven-fried” them on a rack at 450 degrees. Much easier in making and clean up and so much better for you.

Ingredients Serves 4 – 5 as an appetizer

- ◇ 7 whole wings, cut into pieces
- ◇ ½ cup buttermilk
- ◇ 2 Tbs. Sriracha Sauce
- ◇ ¾ cup of panko

Instructions

1. Preheat oven to 450 degrees.
2. Wash and dry wings with paper toweling. Cut into pieces at the joint, discarding the end tip – freeze and save for making stock.
3. Whisk together the buttermilk and sriracha sauce in a small bowl and marinate wings in it for 30 minutes at room temperature.
4. Drain wings and coat with panko. Place on a rack on a rimmed baking pan and roast in the oven for 12 – 15 minutes, until done and golden. Serve with LOVE, celery, Roquefort dressing and enjoy!!

Notes
